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Title: Lembas~Recipes~\*~

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Lembas Commonly known  
as "waybread." this flat,  
hard bread is perfect for  
traveling, as it stores  
easily and for great  
amounts of time without  
spoilage. not particularly  
flavorful, but it provides

incredible amounts of  
stamina and energy for  
7 days nutrition per  
wafer.

Tastes of honeyed bread.  
Loaf keeps for 14 weeks.  
(Only available in elven  
cities).

This food the Eldar  
alone know how to make.  
It is made for the  
comfort of those who  
had need to go upon a  
long journey in the wild,  
or of the hurt whose  
lives are in peril. Only  
these were permitted to  
use it. The Elves do not  
give it to Men,  
save only a few whom w  
love, and only if they  
were in great need.

History of Lembas~

The Eldar first received  
lembas from the Valar in  
the days of the great  
journey. It was made of  
corn which Yavanna  
brought forth in the  
fields of Aman and she  
sent some to the Eldar  
by the hand of Orome  
for thier succour upon  
the long march.

The corn from which the  
Lembas was made had the  
strong life of Aman and

it could impart it to  
those who had the need  
and the right to use it,  
it could be sown at any  
season save in frost and  
it needed only a little  
sunlight to grow. The  
Eldar grew it in guarded  
lands and sunlit glades,  
they gathered its great  
golden ears, each one by  
hand and set no metal o  
blade to it. From the ea  
to the wafer none were  
permitted to handle this  
grain, except those  
Elven-maidens who were  
called " Yavannildi " the  
maidens of Yavanna, and  
the art of making Lembas  
which they learned from  
the Valar, was a secret  
among them. This was  
done because the Eldar  
had been commanded to  
keep this gift as a  
secret for if Mortals ea  
often of this bread, they  
became weary of their  
mortality, desired to abid  
among the Elves and long  
for the fields of Aman  
to which they cannot  
come.

Since the bread came  
from Yavanna the Queen  
only the highest among  
the Elven-maidens of any  
people had the right to  
to keep and give the  
Lembas and for this  
reason she was called  
Massanie or Besain; the  
Lady, or breadgiver.

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The Lembas was wrapped  
in leaves of silver, and  
the tread that bound it  
were sealed at the knots  
with the seal of the  
Queen, a wafer of white  
wax shaped as a flower  
of Telperion.  
Lembas most definitely  
has Elf-magic among its

ingredients. It feeds both mind and body. Lembas has the magic property of releasing more energy as its daily consumption decreases.

**\*\*Lembas Recipe\*\***

Sindarin~

Ingredients

3 cups of flour

½ cup of sugar

1 teaspoon of salt

¾ cup of warm water

¼ cup of lard

Add flour, sugar and salt into a bowl, and mix. Stir in the lard, and pour the water into the bowl. Mix until the ingredients are all one color, and gummy. Remove from the bowl, and knead by hand for 5 minutes. Separate the dough into disks, of any size, and bake for 20 minutes over a high heat source. let cool, and store. the bread will keep, if stored in a cool room, for over 3 weeks. (this recipe is enough for about 6.)

**\*\*Lothlorien~Lembas\*\***

Ingredients

6 TBSP butter or margarine, slightly softened

2 cups self-rising flour

1 TBSP granulated sugar

1/2 cup raisins (optional)

1 egg, well beaten

1/2 cup milk

4 TBSP heavy cream

Mallorn leaves

With a pastry blender of

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fork, cut margarine into the flour in a mixing bowl until the mixture resembles cornmeal. Do this rapidly so the butter

does not melt. Add the sugar and if desired, 1/2 cup of raisins. In a small bowl, beat the egg and milk together until mixed. Reserve 1 TBSP of this mixture to brush the tops of the lembas. Add the cream and egg mixture to the flour and mix just until combined into a stiff, soft dough. Knead three or four times on a lightly floured surface. Roll dough to a 3/4" thickness and cut with an oval or leaf shaped cookie cutter. Place on a lightly greased baking sheet, leaving 1" of space between lembas. Brush the tops of the lembas with the reserved egg-milk mixture. Bake for 12 -13 minutes in a preheated 400 degree oven. For safe keeping, wrap each lembas individually in a fresh, clean mallorn leaf. If these leaves are unavailable in your area, store the lembas in a tightly closed container. Makes about 1 1/2 dozen.

**\*\*Lembas Recipe\*\***

Yavanna's Maidens~

#### Ingredients:

2 1/2 cups of flour  
1 Tablespoon baking powder  
1/4 teaspoon salt  
8 Tablespoons cold butter (1 stick)  
1/3 cup sugar  
1/2 teaspoon cinnamon  
2/3 cup milk  
1/2 teaspoon vanilla  
honey or maple syrup for dipping  
Preheat oven to 425 degrees.

Mix flour, baking powder, and salt in a large bowl.

Add butter and mix with

a fork or pastry cutter  
until mixture  
looks like fine granules.

Add sugar and cinnamon  
and mix.

Add milk and vanilla and  
stir with a fork until  
dough forms.

(you can add a little bit  
more milk than the recipe  
calls for if it gets too  
hard to stir.)

Roll into balls and place  
on cookie sheet, mashing  
them out until they are  
about 1/2 inch thick and  
3 inches across. Makes  
about 12 - 14. Bake for  
about 12 minutes or until  
insides aren't gooey.

\*\*Wrapped in mallorn  
leaves they will stay  
fresh indefinitely.

Wrapped in plastic wrap  
they are good for about  
a week. Delicious dipped in  
honey or syrup.